



TBI Therapy Post-Treatment Protocol

- I. **Hyperbaric Oxygen Therapy: 3 months or 25 sessions total**
Consider getting home unit from [TBI Therapy](#) or return to medical grade facility.
- II. **Cranial Osteopathy: 1 session per week for 12 weeks total**
Patient should continue cranial therapy with a local provider ([find one here](#)): once a week or as their provider recommends.
- III. **Intranasal Insulin: 10-21 days**
Use every day for 10 days. If tolerated, it is recommended to continue use for 3 weeks then take a 1-week break. Contact TBI Therapy for a refill of insulin at your pharmacy.
- IV. **Nutrition / Supplements: 8-12 weeks**
 - A. [Stem XCell by Enzymedica](#): 2 pills 2x/day
Continue 15 days after PRP or Stem Cell treatment
 - B. [Wild MCT Oil by Wild Foods](#): 1 tbsp 2x/day with meals
Continue 12 weeks total
 - C. [Elk Antler by High Wire Ranch](#): 2 pills 2x/day
Continue 8 weeks total
 - D. [E3 Live BrainON](#): 1 pill in am; 2 pills in pm
Finish one bottle
- V. **Ketogenic Diet: 3 months**
Consume high quality fats and protein, low carbs, no sugar. Consider intermittent fasting. Check out [Bulletproof Intermittent Fasting](#) and [Bulletproof Coffee](#) in the morning (in place of regular coffee) – otherwise avoid coffee. Read [Fat for Fuel](#) by Dr. Mercola. If you haven't already, [schedule a consultation with Dr. Sasha Hope, PhD](#) for nutritional counseling.

Please follow up with TBI Therapy with any questions about these treatments.